Module 4 Project

Section 1: (25 points)

In the Module 4 Project, you are going to select a career from one of three options listed below. The career options are:

1. **Becoming A Personal Trainer**
   https://www.youtube.com/watch?v=GmmIDNLTj3I

2. **Becoming A Group Fitness Instructor**
   https://www.youtube.com/watch?v=EDoB-ExOwfs

3. **Becoming A Strength And Conditioning Coach**
   https://www.youtube.com/watch?v=7kJkUGt0d3I

I have included a video with each career option to help get you started. After watching the video, you will need to **write a paragraph** of at least 200 words describing the steps that this video recommends for beginning a career in one of these areas. Your paragraph should include any preliminary or prerequisite steps before seeking certification(s), certification(s) that are needed, and the steps to starting a career in this profession that are included in this video.

Your response should be written in paragraph form and have at least 200 words. (25 points)

Your paragraph submission should not exceed 30% similarity in Turnitin.com. Anything over 30% will result in a lowered grade.

Section 2: (25 points)

Using the same career that you selected in Section 1, you need to research and find an article that pertains to that specific occupation. **The article must be from a professional journal.** You will need to research to find professional journals for the career you selected. (Example: You can research "Personal Training/Group Fitness/Strength and Conditioning professional journals") and find an article from one of those sources. -ACSM's Health & Fitness Journal

Once you have selected and read an appropriate article:

1. Save the article as a PDF file and submit it in Turnitin.com. **You must submit the article itself, not a link to the article**. **Disregard the similarity percentage of the article in Turnitin.com.**

2. List the top five key points from the article. Each of the five key points should be **bulleted**.

3. For each key point that you listed above, summarize, and explain **in paragraph form** why each point is important to this specific career.

Your response should be written in paragraph form and have at least 200 words. (25 points)

Your paragraph submission should not exceed 30% similarity in Turnitin.com. Anything over 30% will result in a lowered grade.